

**Linda Clair**  
**Seven-day Meditation Retreat**  
**Kallara Conference Centre, Australia**  
**30 November – 7 December 2019**  
**Transcription from Audio Recordings**

**File 7 B**

Linda: So it's always good to take a few deep breaths into the belly at the beginning of a sit, or whenever – in the middle of a sit.

One thing I just realised about B. is that before almost every sit she has this big smile on her face, and that's a great thing. I'm not saying that you should enjoy the fact that, maybe, you're going to have an hour of torture, but to start off with that lightness and willingness to go into this, whatever, can really help. So don't get attached to your suffering, because you can subtly become attached to anything. And really you don't know what's going to happen in the next hour. It might be an amazing sit full of stillness or it might be the opposite. But whatever happens during your sit is valuable, is necessary. So try not to be too heavy and serious about this. At times of course it does feel incredibly serious. But then in a way what you realise is nothing is that serious.

So sit, and just be grateful that you're able to sit, that you've got to the point where you *can* do this – and you've been doing this for almost a week now – and not many people are in that position.